

The Colors of Health

Fruits and vegetables come in a rainbow of colors. Each color is a sign of different important nutrients. You can benefit from eating fruits and vegetables of different colors regularly. These include red, dark green, yellow, blue, purple, white, and orange. Health authorities advise making a special effort to eat more dark green vegetables, dark orange vegetables, and beans in particular to get the nutrients most of us need more of.

This chart shows 5 basic color groups and gives some examples of fruits and vegetables from each.



Green Leafy greens (collard, mustard, and turnip greens, swiss chard, kale, spinach and lettuces), asparagus, green peppers, broccoli, green beans, peas, green cabbage, green onion, brussels sprouts, okra, zucchini, chinese cabbage (napa/bok choy), green apples, green grapes, honeydew melon, kiwifruit, limes



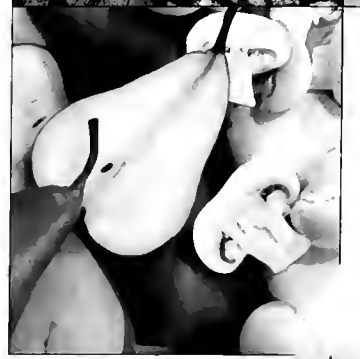
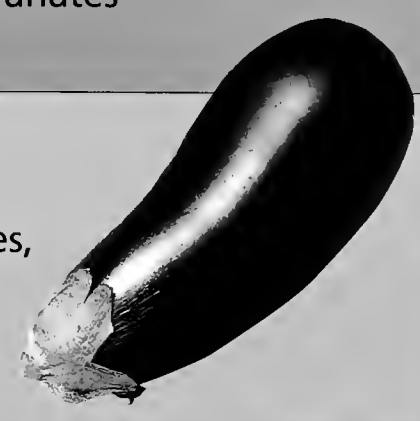
Yellow-orange Carrots, summer squash, corn, sweet potatoes, butternut squash, pumpkin, yellow peppers, rutabagas, cantaloupe, grapefruit, lemons, nectarines, oranges, peaches, pineapples, tangerines, apricots, mangoes, papayas



Red Tomatoes, spaghetti sauce, tomato juice, tomato soup, red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries, pomegranates



Blue-purple Eggplant, purple grapes, plums, raisins, blueberries, blackberries, purple figs, dried plums, black currants



White Cauliflower, mushrooms, white beans, onions, garlic, parsnips, shallots, turnips, ginger, jicama, bananas, pears



